

Childhood Drowning is Quick and Silent; Prevention is Essential!



Drowning is the **SECOND** leading cause of injury deaths among NH children aged 14 and under. In the U.S. on average, almost 400 children drown each year and about 5,100 are treated in emergency rooms for pool- or spa-related submersion injuries (2011 NEISS). Many of the survivors suffer brain injuries.

Virtually ALL drowning deaths are **PREVENTABLE!** Use the following water safety **STEPS** to keep children safe around water year round.

Supervise

- Never leave a child alone in or around any water - a swimming pool, a lake or frozen river or even the tub. Young children can drown in just 2 inches of water in a matter of minutes!
- Never allow young children to swim without constant, capable, “hands-on”, adult supervision. Older children should always swim with a buddy and be supervised by an adult.
- Keep children away from pool drains, pipes and other openings.
- Have a phone close by.

Train

- Know how to perform CPR on children and adults.
- Knowing how to swim is not enough! Teach your children water safety skills, such as treading water.

Equip

- Be sure your family always wears US Coast Guard-approved life jackets when on boats, near open bodies of water or during water sports. In NH, it's the law for children under age 6 while on boats.
- Swimming aids, such as “water wings,” are not safe substitutes and should not be used for safety purposes.

Protect

- Install 4-sided isolation fencing, at least 4 feet high, that is equipped with self-closing and self-latching gates, around the perimeter of pools and spas.
- Ensure all pools and spas have compliant drain covers.
- Install a door alarm from the house to pool area.
- Maintain pool and spa covers in working order.

*For more information about drowning prevention contact:
The Injury Prevention Center at Dartmouth (603) 653-8360
or go to www.PoolSafety.gov*

For more Fact Sheets please go to www.ParentHelpNH.org



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org